



Measuring Love in the Journey to End Sexual and Intimate Partner Violence

May 16, 2024
11:00 am – 12:30 pm PST

AKJ: NSAC recording of Measuring Love with Audrey Jordan:
<https://www.preventconnect.org/2023/11/measuring-love-as-prevention/>

NSAC recording of Shiree Teng's keynote:
<https://www.nationalsexualassaultconference.org/2023/08/24/closing-plenary-shiree-teng/>

Brown Papers: <https://shireeteng.org/share>

CR: advocate/liaison

JP: Trauma-informed, survivor lead

SM: Military Sexual violence prevention

OR: an educator and holder of hope

CY: community listener

LR: Mobilizer

KR: Advocate for victims - a voice!

MH: Facilitator of important discussions

TJ: Planter of seeds

TO: connector

ASG: amplifier

BM: strategic thinker

JP: Empathetic

KD: Support person for students

HH: Healer and Wisdom Keeper

MBN: Advocate-preventionist-bureaucrat

AM: collaborator

AC: Protector

SJ: Advocate

AP: advocate for victims

AT: Connector and organizer

JL: builder

LR: Educator

MR: Nurse, advocate, system fighter

SB: Background organizer

CW: An organizer of healing and advocacy!

SM: Advocate

AN: connector

RH: Rachel in Cincinnati, OH: adaptor and creative problem-solver

NW: Advocate, educator

LJ: educator, connector

MRB: Healer/Advocate

KP: convener and connector

AM: youth advocate and safe space holder

VR: duty and responsibility to address CSA

ER: facilitator, educator

SM: Advocator and educator

EWD: Advocate and educator for the community and early-career advocates

AC: How do I protect them before they are hurt.

A: Advocate.

Evelyn Soria: Advocate, knowledge builder.

TO: How to model self-love for my teammates.

DW: collaborator, translator.

CR: Truth seeker, surviving.

NA: Connector, listener.

ASG: gentleness is my blessing.

CY: how can we leverage love to make communities safe, stable and nurturing for all of us?

CD: Cori (she/her) from Idaho Advocate, Connector, Supporter.

ST: Helper/listener.

KA: Helping to uplift individuals and provide important resources to the community.

TK: Advocate/healer - blessing to be alive and in good health.

OR: a blessing: the insights I carry from my ancestral legacy.

MNH: Empathetic and Compassionate...blessed to be a blessing to others as a survivor of both domestic, childhood, and sexual abuse.

AM: holding onto community as a blessing.

SG: Counselor, Connector, Listener.

RH: I feel blessed to be here!! I am low-key obsessed with our hosts today, so I am fangirling over here <3.

A: Helper.

NW: A blessing I hold is the support from my partner.

AP: I see myself as a community builder, and a curiosity I have is creating space for transformative justice to build the community with the collective and create cultural change.

MJ: Maggie Johnson, Philadelphia, PA area. Healer, leader, survivor...May you have peace.

EWD: How can I consistently ground my work in community and connection?

CTW: safe space for kids to be kids.

AM-M: Funder, technical assistant and advocate at heart.

EG: Behavior changer/influencer.

LH: I am an advocate and caregiver and hope to make a difference.

NL: Naudia from Grand Forks, ND. An educator and social worker. I just finished my last presentation for the school year & ended on a great note.

AR: I work to connect people with their innate power to create change.

CH: knowledge builder, connector.

AS: Hi there! I'm Aspen (they/he), an advocate at The Women's Center in Waukesha, WI. I see myself as a support person for survivors. A blessing I'm holding is that I am at a point in my life where I have worked through my struggles enough that I have been able to be in a place to help others.

KM: observer.

IW: Imanie, Durham NC, Prevention and Engagement manager for county rape crisis centre.

MRB: Blessing to do what I love.

CK: Sexual Violence Prevention Specialist, an Educator. I am an enthusiast of and advocate for, Survivors in every community xx

AT: Builder, improver, support.

MM: builder, advocate and observer.

MBN: Curiosity- How do we bring love to our spaces where we are a funder?

AP: bell hooks ❤️

MNH: Katina Paynemontague.

KE: Kelley from New Orleans, PLPC for sexual trauma survivors, a guide and confidant along the long road of recovery. Blessing - May your past inform but not dictate your future.

KF: Karla Evangeline, Manager in an African American DVSV program. I am a learner and so full of joy to be here!

VJ: Hello, I am in California. I am a student of life, still observing and learning.

KF: In St. Louis, MO

AKJ: You can find both Brown papers here: Brown Papers:
<https://shireeteng.org/share>

AKJ: "Who are we when nobody's looking?"

KG: "Love is a community practice" 🧐

AKJ: Access the slides here:
<https://www.preventconnect.org/2024/04/measuring-love-in-the-journey-to-end-sexual-and-intimate-partner-violence/>.

TM: Hey all! Tommy M. DV Prevention Coach from Richmond, VA, with REAL LIFE program. Glad to be here! Thank you.

AJ: it is clear from your responses about who you are and what you do that so many of you are practicing love already. We hope we provide a means and a framework for you to practice with us in the community.

JS: My courage is to embrace my softness and allow myself to lean into vulnerability throughout this!

CO: ❤️

KW: ❤️

AP: Love them!

AC: 🤔

CR: Yes

MD: <3

CH: ❤️

AR: I'm good!!

MM: Sounds good

SC: 💙

SG: YES, ma'am.

AM: All in and present! <3

AT: Yes!

KG: 🙋

AM: Replying to "Is ASL interpreter a..." Yes

SS: 👍

AM: 🗨️

BD: ❤️

MR: Sounds good!

KR: Yes.

KF: I'm good with it!

CK: That is more than okay!!!

RH: Yes!!

KD: 👍

OR: ❤️

MS: Yes

SM: ❤️

KA: 👍

KP: yes

MC: 👍

RH: <3

VR: 👍

MJ: 👍

VP: YES

SM: 👍

QE: Yes

AN: 👍

MRB: Of course!

BT: 😊

KM: 👍

CF: 👍

AY: ❤️

SVM: 💜

MRB: ❤️

CR: 😊

IG: 😊

EJ: ❤️

CTW: 👍

EJ: I love this quote <3

CR: I love Gwendolyn Brooks.

VR: Vidya means knowledge in Sanskrit.

AP: Such a fascinating activity!

AC: Understood!

KF: We saw those images as we were being bussed in St. Louis - and then experienced similar acts.

OR: my mother grew up in South Texas in the '60s and '70s- the way she learned English was so traumatic it's had a generational ripple.

AJ: <https://shireeteng.org/>

AKJ: "My Love Letter to Boston" can be found here: <https://shireeteng.org/>

AM: I listen and never really talk about myself.

CH: choosing supportive environments.

ST: My mother, uncle and children.

DG: For me, I'm in a season of rest for the first time, and I've felt so guilty, and I'm not starting to lean into it with love.

VJ: I spent a lot of time with myself and fell in love with me.

AR: Self-love, starting my healing journey, spirituality,

SB: My first therapist.

KR: like-minded people.

MRB: My women.

MNH: Still coming to terms with it all...accepting it, making peace with the offenders.

DG: Replying to "I think for me, I'm ..." *now

RH: exploring and embracing my Asian heritage

AP: When we don't love ourselves, systems of violence benefit.

MNH: no one.

OR: growing up on military bases, becoming a mother, working in direct service;

NB: Replying to "Sending love and pow..." I own 100 percent

CR: society, capitalism

RP: Capitalism

JS: Oppressors, white supremacy

A: Marketers

BD: Systems of oppression

SB: Capitalism

VJ: Everyone but ME

MRB: the system

SM: people who are rooting against you

AT: Abusers!

OR: our oppressors

AT: The people who want us to be quiet and sit down.

AS: people who want to take away our power

OR: the Kardashians

LB: Users

AN: I became a Social Worker because I wanted to help people like my dad live with the same help and assistance as others. He was a felon and disabled but unable to get help and assistance due to his past. It was heartbreaking to experience and watch.

AP: Replying to "the Kardashians" not wrong at all.

SB: Whoever assaulted you.

SL: Patriarchy.

AT: Replying to "the Kardashians" bravo to this HA-HA.

TK: Hate and bigotry benefit when we do not love ourselves.

AP: This is fabulous.

SL: THANK YOU for navigating this!!! Patience is had completely.

SB: We only have 40 minutes left.

AM-M: So sorry to Kimberly, who was interrupted <3.

KM: I want to share some appreciation for our group; we were getting deep down.

KG: We all appreciate what you're trying to do!

RH: Thank you all for the opportunities, effort, and conversation prompts to consider!

SC: Grateful to my group members! Also, Janae and the folks running the show, so much grace to you. Breakout rooms are always a headache; with so many participants, it's only more daunting. Thank you for trying!

KG: "I will not be free one minute before you - and YOU will not be free one minute before me" 🔥

AM: Please be your authentic self!!! <3

RH: Talk your shit!

TK: Potty mouth is okay!! Love yourself!!! Bring it!!

CC: negative self-talk

SG: unlearning that people will not treat me the same way I treat them, and that is a character buss on them, not me.

SP: that you should have boundaries.

SB: My gut.

KN: unlearning: shame and guilt.

SP: love yourself, relearn.

SL: Vulnerability.

SB: Unlearning the patriarchy.

AR: Unlearning-People pleasing.

AM: unlearning shame and negative self-worth.

AT: Unlearning - suffering alone.

KN: relearning: grace for self and others.

BD: Replying to "Unlearning-People pl..." Yes!

AM: relearning to trust my intuition!

AC: self-trust.

SC: unlearning that if I'm not perfect for everyone, then I am unlovable. Learning that I have inherent worth even when I can't fix every issue for everyone.

SB: Unlearning YOLO.

AKJ: trust my intuition.

GS: unlearning, not asking for help.

MBN: Unlearning the white supremacy culture principles that are in the air we breathe and the water we swim in.

KR: embracing know better, do better...you don't need to keep people in your life that are not choosing to do better.

AM: I am learning it is okay not to want what others think is best for me.

MV: unlearn everything I heard about myself growing up.

CC: Relearning how to ask for what I need.

MH: No, it is a full sentence.

AS: I'm unlearning to be critical of myself and my mistakes.

RH: Relearning my positionality and intersectionality.

CR: No, is a complete word.

QE: Unlearning that my skin is not beautiful.

KA: Be open and able to adapt to different things.

KV: I need to learn that my worth does not come from what others think or how they measure success.

TK: Asking for help is okay.

SP: don't take on others' problems as your own.

NA: unlearning addiction and the many forms it can take.

SB: Unlearning money = self-worth.

OR: Unlearning ignoring my feelings and needs and unlearning hyper independence and mistrust.

MNH: I'm learning how to forgive myself.

CR: Setting strong boundaries.

QE: relearning self-worth.

AL: relearning joy and pleasure!

CK: I am learning that my emotions are worthy and valuable parts of myself.

CW: unlearning, not asking for help and imposter syndrome.

KF: unlearning categorization - using it to divide or to compare oneself to others

CS: relearning who I am, relearning how to be fully and authentically myself.

RH: Unlearning perfectionism!

MS: Relearning to take control of my life and my own happiness.

DG: I love the idea of "relearning." sometimes we fall back into old habits, and I'm learning that doesn't make us bad people, just an opportunity to relearn.

KF: relearning LOVE starting with self.

NA: learning what truly nourishing my soul looks like.

SB: You only live once.

JS: You only live once = Yolo!

NB: Respect yourself and know that limits are healthy.

CW: relearning self-worth, self-care and knowing thy self.

CR: You only live once YOLO.

AR: Learning to forgive myself.

OR: learning to rest, play, and celebrate.

SB: I meant - to say "unlearning FOMO" - fear of missing out.

SP: keep supportive people, not ones who work against you.

AS: I'm relearning that asking for support is okay when needed.

TK: Learning to have more grace for those still stuck in self-hatred and loving them anyway.

KW: Relearning that I am deserving of love, and that I should love myself.

HH: Decolonizing my life and reconnecting to indigenous wisdom and practices.

TK: You On Live Once = YOLO.

DG: relearning that play is just as important as adults.

NB: You learn to value the day-to-day.

VJ: emancipating myself from mental slavery.

AR: Work around difficult people.

SP: Love you!

CC: unlearning that my value is not based on my productivity.

RH: Relearning how to connect with my ancestors, family, heritage, and mother nature.

CR: Same with my mother, Shiree.

RH: Definitely unlearning "retail therapy" lol.

KR: it is better to build yourself and others up rather than judge and tear others down...girl power!

AKJ: This is an incredible question, especially considering we are literally asking people to unlearn things in our violence prevention efforts!!!!

A: Unlearning policing others.

KG: Learning (for the first time) that LOVE has a place in "professional" spaces.

AKJ: Replying to "Learning (for the fi..." Can I like this 38430843083 times.

SB: How does this relate to ending intimate partner violence?

AJ: Replying to "How does this relate..." starting with self-love, do you have reflections on your question?

CC: We must role model changing the norms perpetuating violence and oppression.

CC: Replying to "We have to role mode..." within ourselves.

RH: We cannot end violence/sexual violence without actively combating oppression - we fight oppression by radically loving ourselves and each other!

KG: Replying to "How does this relate..." This feels much more relevant than most of the Performance Measures we collect for our IPV programs.

AL: Replying to "How does this relate..." We can't pour from an empty cup!

MBN: Boundaries start with the love of self. Loving yourself enough to be clear with others about your boundaries.

TO: I had yet to connect them so closely before.

AT: Just because I love you does not mean I need a relationship with you; I can love you and love me even when you are not treating me like you love me.

LJ: Replying to "How does this relate..." protection to our mental health and wellness.

SP: It's okay to have time for yourself and not just give it all to others.

SC: Boundaries are the guides we set for ourselves - when we know them, we can better honor those we are in a relationship with.

LB: We think that we have to give everything to others and no time to love ourselves, or loving ourselves means no room for others. That's an awesome brain change.

SL: Boundaries are a collective way to respect. To own accountability.

CH: My knee-jerk response is that I need to put other's needs first (probably what I have been taught all my life).

AC: Setting limits.

ATL: Prioritization of Self.

GH: True love starts with loving God, our Creator first. God is love.

RH: "Walls keep everybody out. Boundaries teach them where the door is" - Mark Groves.

AS: Having boundaries lets us be able to take care of ourselves be show up for others in a healthier and more supportive mindset!

VJ: The "self" is the mechanism around which everything in life evolves. I choose to practice Balance and self-determined behavior.

OR: I appreciate that "love myself" comes first- boundaries for me are very internal about what I need to show up in a healthy, loving, and kind way no matter how the other person/people may be showing up.

AM-M: All of us, including me! Love that.

AKJ: For me, having boundaries and not doing for people what they can do for themselves is a better way of loving them and myself. Not trying to control what other people do, say, or want — having that boundary is important to me.

RH: I have always struggled so much with boundaries, but they are so important! It's so important to advocate for ourselves - some of us have to demand respect from people within systems where, otherwise, it will be constantly stripped away from us.

AS: those boundaries not being there in the past for me have made me put myself on the back burner big time. I was so focused on making sure others were okay that I wasn't making sure I was okay!

A: When I set boundaries, I gained respect from myself and others. When I didn't have boundaries, I lost all my energy.

SB: Safety.

OR: Clear and consistent communication. It feels like a regulated nervous system.

RH: Lack of boundaries turns so quickly into exhaustion for me. Physically, mentally, emotionally.

AK: Lack of boundaries feels like a loss of sense of self in service of the work and a loss of identity outside of the work.

AT: Being taught that having no boundaries is what love is; learning to have boundaries sometimes means feeling uncomfortable or like it is the "wrong" thing.

TO: Replying to "Being taught having ..." I hear that.

CH: Thank you so much, Shiree and Audrey!

DG: Thank you so much! This has been so lovely! <3

TO: Replying to "Being taught having ..." QR code isn't working for me.

NA: Thank you so much.

RH: No, please don't let it be over 😭

BD: Thank you for this offering!

AC: Thank you

JR: Thank you!

CB: Thank you so much

AM: SO grateful!

CF: This was great! Thank you !!

KE: Thank you!

TM: thank you!

RH: I am SHAKING. This has been incredible and life-changing!!

AR: Thank you:)

HH: Thank you so much!

ST: Thank you!

AR: Thank you

MH: Thank you!!

AKJ: The QR Code will take you to ShireeTeng.com.

THD: This was so profound. Thank you.

JS: Thank you so much!!

A: Thank you so much! This has been incredibly nourishing.

KR: Thank you!!!

NL: Thank you!

AY: Thank you so much, a great way to start!

TJ: Thank you!

TO: Do we need to register for the next one, or are we already registered?

VJ: Thank you. This is well worth the time!

SP: Mahalo 🌸

MBN: ❤️ so grateful for this space.

CW: Thank you!! 🙏

JS: If you want to unmute yourself, please raise your hand, and I will unmute you!

CK: Thank you for this, it has been fantastic!!

ST: Do we earn CEUs for this session?

KF: THANK YOU SO MUCH! This happened on such the right day!!

RH: Thank you to my fellow participants who are just dropping so much wisdom and insight!

SB: Thank you.

AKJ: Replying to "Do we earn CEUs for..." we do not offer CEUs but can provide a certificate of attendance.

TO: I am excited to consider the prompts and read and practice what you have talked about.

JS: Again, please raise your hand if you would like to share, and I can unmute you!

MBN: This is the way.

KF: To be in integrity with who I am all the time!!

RH: Thank you so much!! I feel so much love right now - my cup is overflowing.

SM: Replying to "Do we earn CEUs for..." Yes, please, a certificate would be helpful! How can I get that 🙄

AJ: so funny how it is so often getting back to what our grandmothers taught us - finding our way home to them.

AKJ: Replying to "Do we earn CEUs for..." We will send out an evaluation survey, and there will be a link there!

NB: Thank you! It's always good to learn.

LJ: thank you.

TO: Thanks, Janae, for all the tech support.